

Health Fair/Coronary

Risk Profile; Model

In-Depth Release

26 Apr

If you smoke, have high blood pressure, and have a high blood cholesterol level, you could be a prime candidate for cardiovascular disease - the nation's number one killer.

Smokers, of course, have been getting the bad news for years. More recently, blood pressure awareness has increased tremendously. Cholesterol, though, and its role in the body's operation, remain pretty much a mystery to most Americans.

Straightforward information about cholesterol, including a reading of your own cholesterol level, is available at National Health Screening Council Health Fairs in Heber City's Middle School's gym on Saturday, April 26th, from 10:00 a.m. to 4:00 p.m.

NHSC Health Fairs offer Coronary Risk Profiles, blood screenings which evaluate your levels of Total Cholesterol, LDL and HDL. Simply explained: cholesterol is a necessary fat-like substance produced by the body and found in all foods of animal origin. LDL (known as "The Bad Cholesterol") is a combination of cholesterol and protein, high levels of which have been associated with increased risk of Coronary Heart Disease. HDL ("The Good Cholesterol") is a similar combination with more protein than has been linked to decreased risk.

To maximize the accuracy of results, participants should refrain from eating for 12 hours before the Health Fair. Water, black coffee, and plain tea are allowed. Prescription medication should NOT be interrupted; and diabetics should NOT fast. Cost for the Coronary Risk Profile with a Blood Chemistry Analysis of more than 20 blood components is \$15, which offsets laboratory expenses. The Blood Chemistry Analysis alone is also available at most Health Fairs for \$10 with a minimum 4-hours fast. These tests are optional. Numerous other screenings and educational learning centers are presented free at all locations.

The Coronary Risk Profile, like all National Health Screening Council screenings, is not intended to take the place of a physician's examination. These experiences help educate the participant by presenting a clearer picture of the body's condition and its needs.

The Health Fair is a public service provided by Wasatch County Health Department and by Wasatch County Hospital.

school in Idaho Falls was
cognized as the top art
ucator. He was nominated by
hool administrators, peers and
idents.

Art instructor at Wasatch High
hool is Steven Gale.

Dates For Set

0 North, Heber City. It will not
necessary to bring your
ndergarten student to this
egistration, but please bring the
ollowing items completely filled
out:

1. Birth Certificate of Certi-
ficate of Blessing.

2. Immunization clearance
from the Wasatch County Health
Department, 805 West 100
South, Heber City, Utah. Take all
immunization records with you to
the Health Department. If
immunizations are necessary,
take your child to the health
department for the clinics which
are scheduled as follows: April
7 - 5-7 p.m.; April 28: 9 a.m. to
2 p.m.; May 1: 10 a.m.-1 p.m.

3. Kindergarten registration
blank completely filled out.

4. Kindergarten milk program-
if you wish to have your child
participate in the kindergarten
milk program, the cost is \$20.00
and may be paid at the time of
gistration.

State law provides that only
children who are five years of age
by September 1, 1986 are eligible
for Kindergarten. There are no
exceptions to this law.

Annual

Park City

adies

uncheon

Set for May 3

The Luncheon will be held
aturday, May 3, 1:00 p.m., at
e Grubstake Restaurant, Pro-
ector Square, Park City, Utah.
Reservation must be made by
ril 28, the cost is \$8.00 per
erson. Payment must be made
April 28, to hold reservation.
ail payment to Susan Gurule,
O. Box 182, Midway, Utah
049. For further information,
l Susan at 654-3618.